

GERT

General Employee
Radiological Training
at Berkeley Lab



PUB-3152

This work was supported by the U.S. Department of Energy under
Contract No. DE-AC03-76SF00098.

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GERT

General Employee Radiological Training

A variety of radioactive materials and radiation-producing machines such as x-ray machines, electron beam devices, and accelerators are used in the research at the Berkeley Lab. All of the Laboratory's radiological work is located within posted Controlled Areas. DOE regulations require that, to ensure employees and guests are aware of the potential hazards associated with these activities, general employee radiological training (GERT) must be received prior to access into these areas. Visitors may be escorted by a trained GERT employee while in Controlled Areas. It is also required that an employee complete additional radiological worker training before performing unescorted work assignments as a radiological worker. A radiological worker is defined as someone who handles radioactive materials, works in a radiation area, or operates radiation-producing machines.

This booklet provides initial GERT instruction to all staff as part of New Employee Orientation. After reading this material, the employee will receive course credit for EHS405.

Individuals who have completed GERT may escort untrained visitors into Controlled Areas with which they are familiar. The escort is responsible for ensuring that the untrained visitor complies with all applicable radiation safety requirements.

This booklet provides general information about radiation, its risks, the controls Berkeley Lab implements to ensure the safety of workers and the environment, and each individual's rights and responsibilities. For specific information about your work area contact your supervisor, safety coordinator, or the Environment, Health & Safety Division (510-486-5514).

What Is Radiation and Where Does It Come From?

The type of radiation referred to in this booklet is ionizing radiation—invisible particles or waves of energy emitted from radioactive atoms or radiation-producing machines. Non-ionizing radiation (e.g., laser light and microwave radiation) presents very different hazards and is controlled through the Non-ionizing Radiation program (call 510-486-7652 for additional information). The common types of ionizing radiation are alpha, beta, neutron, x-ray, and gamma radiation. Some radioactive atoms (e.g., uranium-238 and thorium-232) are natural; others (e.g., plutonium-239 and iodine-131) are man-made.

If the energy from the radiation is deposited in a person, he or she receives a radiation dose. Radiation doses are measured in millirems (mrem) or rems. One thousand millirems equal one rem (1000 mrem = 1 rem). The international units sievert (Sv) or millisievert (mSv) may also be used.

Background radiation is radiation from our natural environment. Everyone is exposed to some amount of background radiation. This exposure primarily comes from cosmic rays,

radioactive material in the earth (such as uranium-238), ingestion of naturally occurring radionuclides in food (such as potassium-40), and inhalation of radon gas. In the United States, the average background radiation dose is 300 mrem/yr (3 mSv/yr). The Bay Area has a slightly lower average dose of approximately 200 mrem/yr (2 mSv/yr), because radon levels are lower here.

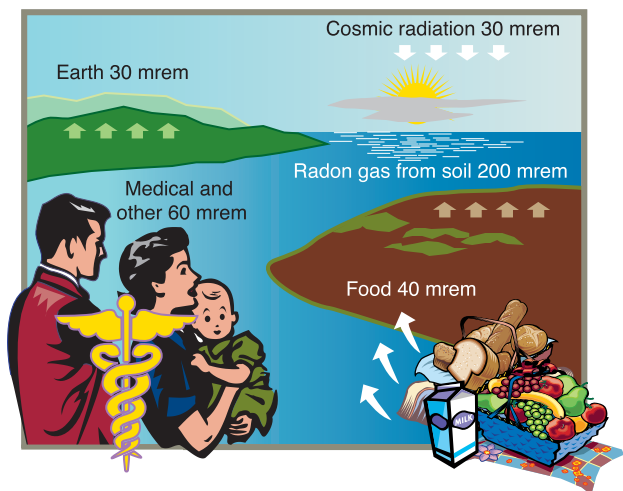


Figure 1. Annual Radiation Doses in the United States from Natural and Manufactured Radiation Sources.¹

Manufactured sources contribute an additional background radiation dose of approximately 60 mrem/yr (0.6 mSv/yr). Of this amount, approximately 54 mrem (0.54 mSv) is from medical procedures (e.g., x-rays and certain diagnostic tests). Consumer products such as fertilizer, lantern mantles, smoke detectors, and uranium-glazed pottery contribute roughly 5 mrem/yr (0.05 mSv/yr). Fallout radiation that is present in our environment contributes less than 1 mrem/yr (0.01 mSv/yr). Figure 1 shows typical annual radiation doses in the United States.

Occupational Dose Limits

In the course of their work, some individuals may receive exposure above background levels. The Department of Energy (DOE) carefully monitors these levels at all of its facilities and sets limits for acceptable doses.² The DOE annual dose limits for occupational radiation exposure at Berkeley Lab are shown in Table 1. These limits are in addition to the average background dose of 200 mrem/yr (2 mSv/yr) and do not include medical exposure.

Table 1. Berkeley Lab Annual Occupational Dose Limits.	
Group	Dose limit (mrem/yr)
LBNL radiological worker	5000 (50 mSv)
Embryo-fetus of a worker	500 (5 mSv)**
Minors, members of the public, and general employees*	100 (1 mSv)
* The internal guideline for general employees is more restrictive than the DOE limit.	
**500 mrem/gestation	

Berkeley Lab strives to keep radiation doses to workers, the public, and the environment as low as reasonably achievable (ALARA) below the annual dose limits set by the Department of Energy (Table 1 above). As Figure 2 shows, Berkeley Lab has been very successful in keeping radiation exposures ALARA.

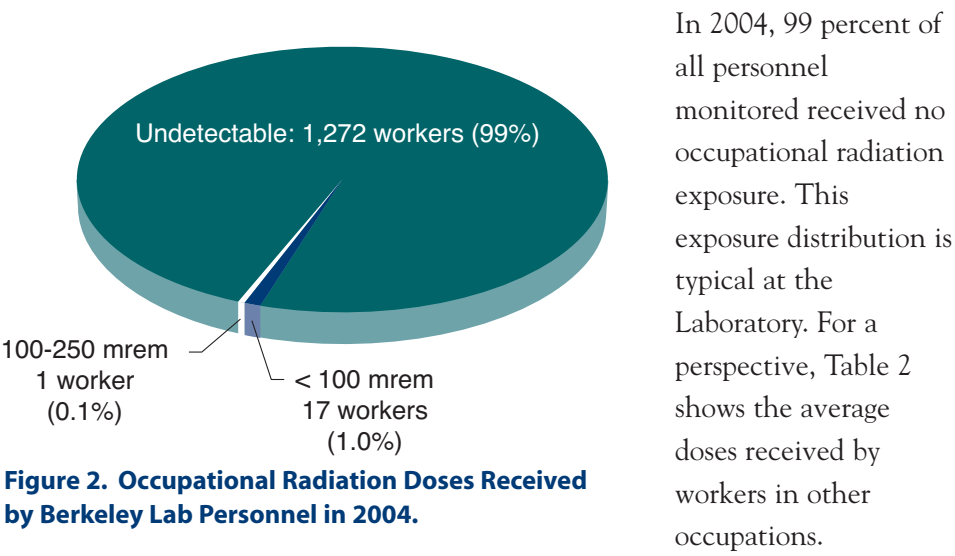


Figure 2. Occupational Radiation Doses Received by Berkeley Lab Personnel in 2004.

Table 2. Average Annual Occupational Radiation.	
Occupation	Approximate Exposure (mrem/yr)
Airline flight crew member	500 (5 mSv)
Nuclear power plant worker	310 (3.1 mSv)
Medical personnel	70 (0.7 mSv)

Risks Associated with Radiation Exposure

The primary risk from occupational radiation exposure is an increased risk of cancer. The amount of risk depends on the amount of radiation dose received, the time over which the dose is received, and the body parts exposed. Although scientists assume low-level radiation exposure increases one's risk of cancer, medical studies have not demonstrated adverse health effects in individuals exposed to small chronic radiation doses (i.e., up to 10,000 mrem (0.1 Sv)

above background).³

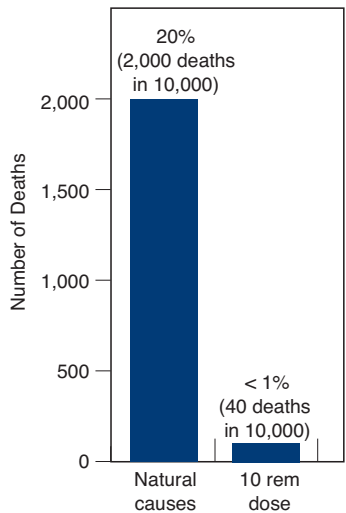


Figure 3. Estimated Cancer Risks to a population of 10,000.

The increased risk of cancer from occupational radiation exposure is small when compared to the normal cancer rate in today's society. The current lifetime risk of dying from any types of cancer in the United States is approximately 20 percent (see Fig. 3).⁴

If a person were to receive, over a lifetime, a cumulative radiation dose of 10 rem (0.1 Sv) to the entire body (above background), his or her estimated risk of dying from cancer would increase to 20.4 percent.⁵

Protecting the Embryo-Fetus

Although heritable effects from radiation exposure have not been observed in humans, the embryo-fetus is known to be more sensitive to radiation than adults. Therefore, women who are pregnant, suspect they are pregnant, or are planning a pregnancy may want to notify the Health Services Department (510-486-6266) as early as possible. Health Services will arrange to have the workplace evaluated for potential hazards to the embryo-fetus. (If desired, this evaluation can be conducted confidentially.) Workplace or task modification is typically not necessary because 99 percent of all Berkeley Lab personnel who are monitored receive only background levels of radiation. The Laboratory cannot give this special consideration until the pregnancy is declared.

For additional information on the effects of radiation and other toxic agents on human reproduction see *Workplace Hazards to Reproductive Health*. This pamphlet is available from Health Services.

Monitoring Radiation Exposure

To ensure that exposures are ALARA, Berkeley Lab monitors many of its workers to determine the actual exposures received. Most of these individuals are monitored for external or penetrating radiation and wear dosimeters to measure their exposures.

A dosimeter is a device that is worn like a name tag and measures the radiation dose a person receives from external sources. Currently, about one fourth of all Laboratory staff routinely wear dosimeters. Dosimeters are exchanged and the radiation doses are measured monthly or quarterly by the Dosimetry Lab. Your supervisor will be able to tell you whether or not you should be in this program. Even if you are not required to wear a dosimeter in your work area, one can be made available to you upon request. If you would like a dosimeter, please call the Dosimetry Lab at 510-486-7497 to make arrangements.



Figure 4. Thermoluminescent Dosimeter.

The type of dosimeter routinely used at Berkeley Lab is a thermoluminescent dosimeter (TLD) (see Figure 4). TLDs contain crystals that absorb energy when exposed to ionizing radiation and release that energy in the form of light when heated to high temperatures at the Dosimetry Lab. The amount of light released from the dosimeter is proportional to the radiation dose received. It is useful for a broad range of the penetrating radiation fields found at the Laboratory, including beta, gamma, and neutron.

All Berkeley Lab workers who wear dosimeters are provided with an annual exposure summary, even if they received no radiation exposure that year. Additionally, if a worker receives a radiation dose at any point during the year, a radiation dose report will be sent to the worker at the end of the exchange cycle, either monthly or quarterly. Anyone who has worn a dosimeter at the Laboratory may obtain a copy of his/her dose report from the Dosimetry Lab or via the web at <https://ehswprod.lbl.gov/Rems/Login.asp>.

A few radiological workers are also monitored for internal doses. A person may receive an internal dose through the ingestion or inhalation of radioactive materials. This monitoring typically focuses on a few individuals who routinely handle dispersible radioactive materials. Dose levels are assessed by measuring radioactivity in urine or by measuring the radiation emitted from inside the body. Positive internal doses are reported to the individual and are included in his or her personnel dosimetry record, in the same manner as external doses recorded by the TLDs.

Radiation Safety Controls

Before any radiological work is allowed, it must be thoroughly planned and reviewed. Authorizations that describe the work, hazards, controls, and evaluations are formally implemented to ensure that all work is performed safely. Each individual's roles and responsibilities are specifically assigned during this process. For more information, see Chapter 21 of PUB-3000 (Berkeley Lab Health and Safety Manual) at <http://www.lbl.gov/ehs/pub3000/CH21.html>.

The two basic types of radiation safety controls that are used at Berkeley Lab are engineered and administrative. Engineered controls, such as shielding, ventilation, alarms, warning signals, and material containment, are the primary means of control. Administrative controls such as signs, procedures, dosimetry, and training, supplement the engineered controls.

All work is planned with the objective of keeping exposures ALARA. In particular, the following techniques are used by all radiological workers:

- Minimize the time you are exposed to radiation sources.
- Maximize your distance from radiation sources. The radiation level decreases significantly as you move away from the source.
- Employ appropriate shielding between you and the radiation source. For some sources, a plastic barrier is appropriate; for others, a lead shield is used.

Radiation Signs

One of the most important factors of the Berkeley Lab safety program is the posting of warning and notice signs in areas that are controlled for purposes of radiation safety. These signs alert personnel to the potential hazards from radiation in these areas.

There are two types of hazardous areas at Berkeley Lab. Controlled Areas are posted with blue and white notice signs. These areas serve as buffer areas for the second area within which contains the radiological material or the radiation-producing machine. Figure 5 is an example of a Controlled Area sign. Individuals who have completed GERT training are authorized to enter controlled areas without escort.

The area within the Controlled Area where the radiological material is handled or where a radiation field exists is posted with yellow and black or yellow and magenta signs with the radiation trefoil symbol. Individuals must check with personnel authorized to work in those areas prior to entry. Additional training is required. Radiological worker training is required prior to handling radioactive material or potentially contaminated surfaces, or working in a radiation field. Figure 6 shows examples of radiation signs.



Figure 5. Controlled Area Sign.



Figure 6. Radiation Signs.

Radioactive Material/Radiation-Producing Machines

All procurement, handling, transfer, and use of radioactive materials must be authorized by an approved authorization, which details work activities, locations, and authorized personnel. Chapter 21 of PUB-3000 provides detailed guidelines for working with radioactive materials. All transportation (shipping or receipt) of radioactive material or equipment is handled by the Radiation Protection Transportation Office at 510-486-6228.

All radioactive material must be kept within Controlled Areas (posted with blue and white notice signs) and, in most cases, within a posted Radioactive Material Area. All employees must be familiar with these signs. If you notice an item with the trefoil symbol located outside of a Controlled Area, notify Radiation Protection (510-486-7652).

Employee/Visitor Responsibilities

You are responsible for doing your job safely. You should thoroughly understand all hazards and controls associated with your work. If you have safety concerns, discuss them with the responsible individual, your supervisor, or EH&S Division personnel before beginning the work.

You must attend additional radiation worker training before beginning any job that involves handling radioactive materials or operating radiation-producing machines. Also, this work must be formally authorized by the EH&S Division (Chapter 21, PUB-3000), and you must sign the authorization after reading it.

If you are a supervisor or manager, you are responsible for providing a safe work environment and for ensuring that the requirements in PUB-3000 are implemented for those workers who are under your supervision.

If you are a visitor, you are responsible for obeying all posted signs, attending required training, and reporting any unsafe conditions to your hosts.

Bibliography and References

1. National Council on Radiation Protection and Measurements (NCRP), *Ionizing Radiation Exposure of the Population of the United States, Report 93*, Bethesda, MD, 1987.
2. U.S. Department of Energy, "Occupational Radiation Protection, Final Rule," *Code of Federal Regulations, Title 10, Part 835*, December 14, 1993.
3. The National Research Council Committee to Assess Health Risks from Exposure to Low Levels of Ionizing Radiation, *Health Risks from Low Levels of Ionizing Radiation, BEIR V*, Washington, D.C., 1990.
4. Health Physics Society, *Radiation Risk in Perspective, Position Statement*, 1996.
5. U.S. Nuclear Regulatory Commission, *Instruction Concerning Risks from Occupational Radiation Exposure, Regulatory Guide 8.29, Rev. 1*, NRC, Washington, D.C., February 1996.
6. American Cancer Society, *Cancer Facts and Figures—1995*, Atlanta, GA, 1995.
7. International Council on Radiation Protection (ICRP), *Recommendations of the International Commission on Radiological Protection, Publication 60*, Oxford, England, 1990.

Other Sources of Information

LBNL Health and Safety Manual, PUB-3000
(<http://www.lbl.gov/ehs/pub3000/>)

EH&S Division Web Site
(<http://www.lbl.gov/ehs/>)

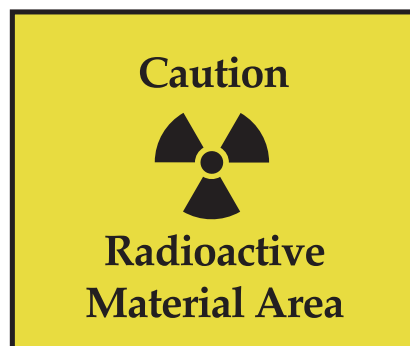
Radiation Protection
510-486-7652

Dosimetry Lab
510-486-7497

Key Facts



Controlled Area Sign. Unescorted access to this area requires GERT.



Radioactive Material Area Sign. Access to this area for work that involves handling radioactive material or contaminated surfaces requires additional radiological worker training.

Additional copies of this booklet may obtained by contacting:

Radiation Protection
510-486-7652

Dosimetry Lab
510-486-7497

EH&S Training Program
510-486-7524